

Many Minorities Struggle to Pay for Housing and Necessities

By Adam Smith

Making ends meet may be more difficult for most minorities in Massachusetts than previously thought.

The state's minorities – including Asian Americans – are nearly twice as likely as whites to spend so much on housing that they can't afford other

necessities such as proper nutrition or medical care, according to a new report by the University of Massachusetts in Boston.

The report, "Housing Affordability for Households of Color in Massachusetts," reveals that more than one in four Massachusetts households was so poor, and paid so much in rent or mortgages, that they

could not afford sufficient food, clothing, medical care, and transportation.

"There are some significant racial disparities in Massachusetts," said Paul Watanabe of the Institute for Asian American Studies at UMass Boston, which helped prepare the report.

The high number of overbur-

dened minorities "has serious implications for neighborhoods, cities, and towns and the Commonwealth," said the report's lead researcher, Michael Stone, a professor of community planning and public policy.

About one in six of all Massachusetts households was headed by a minority in 2000. But, of the households that were

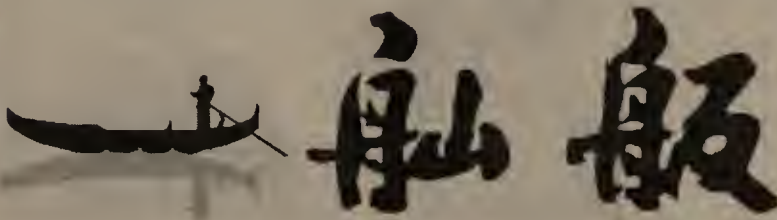
defined by the report as "shelter poor," nearly one in four was headed by a minority. Shelter poor is defined as being able to afford housing but little else.

While Asian Americans have slightly better numbers than other minority groups, they still struggle, according to the report.

More than half of Latino-led

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December 15, 2006 Vol. XXXIII

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Chinatown Park Nearing Completion

Soo Hoo Memorial Planned;
Nearby Properties Could
Complement Park's Design

By Adam Smith

When Marie Moy grew up in Chinatown during the 1950s, she often joined her buddies in games of hopscotch and tag. They also jump-roped together and roller skated.

But the fun and games were frequently interrupted.

"Every time there was a car coming, we'd say 'Car, car!'" so the friends could move out of the vehicle's path, she said.

"We didn't have a park, so we played in the street," Moy explained.

"Now there's so much traffic you can't play on the street," said Moy, who lives on Oak Street. That's why she's excited to hear the Chinatown Park, part of the Rose Kennedy Greenway project, is slated to open by June of 2007.

"It will beat playing in the streets," she said.

As the park's opening approaches – one state official said last week that it's 75% completed – several unrelated projects that will likely enhance the Chinatown Park are in planning. The projects could expand the



This could soon be real. Image of people in the Chinatown Park, which is expected to be completed by July. Carol R. Johnson Associates designed the park. Image provided by Massachusetts Turnpike Authority

park's presence past its slightly-less-than-an-acre size, shape up an area between Chinatown and the Leather District, and create a new pedestrian-friendly section of Chinatown. The abutting

Chinatown Gate Park, which is on the south side of the gate, is slated for a facelift and a new public art structure memorializing long-time safety advocate Mary Soo Hoo. At least two

developers plan to redevelop nearby properties, adding features that complement the park. A nearby restaurant is consider-

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NATIONAL NEWS

Asian Americans Less Likely to Seek Help

By Adam Smith

European Americans are supposed to value the individual; Asian Americans, the group.

So one would think that when facing trouble, Asian Americans would be more likely to seek help from their peers than Caucasians.

Not so. New research shows the opposite is more likely to be true.

Two social psychologists at the University of California at Santa Barbara have found that

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New Group Aims to Give

By Adam Smith

A group of Boston-area Asian Americans wanting to give back to their communities has formed a new philanthropic organization called Saffron Circle.

"We are funding nonprofits serving Asians," said Yasmin Shah of the nonprofit group, which is now reviewing its first

CONTINUED PAGE 8



Housing in Chinatown Could Double by 2010

By Adam Smith

Those familiar with development in Chinatown know that the neighborhood's supply of market-rate and low-income housing is changing and will continue to change. But by how much? That question has been

left mostly to speculation.

One group, however, has begun to quantify the change.

The Chinatown Gateway Coalition, a group of Chinatown activists and housing advocates, has found that the housing stock in the neighborhood has grown

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by Lillian Chan

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Sampan is New England's only bilingual English-Chinese newspaper and is published on the first and third Fridays of the month. It is nonprofit and nonpartisan. Founded in 1972, *Sampan* is published by the Asian American Civic Association. *Sampan* is distributed free in Chinatown and the Greater Boston area. All donations to the publication are tax-deductible. Submissions: Articles, letters to the editor, calendar events and other items should be mailed to the editor or faxed to (617) 482-2316.

Subscriptions: \$30/year (3rd class mail); \$60/year (1st class mail). Direct requests to Yang Yang, Ext. 206./Advertising: \$12 per column inch; \$170 per quarter page; \$300 per half page. Surcharges apply for translation and/or typesetting. We are printed by Graphic Developments.

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Chinatown Meetings

■ The Chinatown Neighborhood Council meets every third Monday of the month, 6 p.m., at 90 Tyler St.

■ The Chinatown Safety Committee meets every first Wednesday of the month at 10:30 a.m. at the DoubleTree Hotel.

■ The Chinatown Resident Association meets every first Wednesday of the month at 6:30 p.m. at the Josiah Quincy School cafeteria, 885 Washington St.

For the arts and events calendar, see page 7.

Two Development Projects Proposed for Chinatown Area

By Adam Smith

Two development projects are proposed for the edges of Chinatown.

At 240 Tremont Street, which had for years housed a trailer selling events tickets, Tremont/Stuart Development LLC plans to construct a 14-story glass and steel building with 72 studio apartments.

The building would include restaurant space, and a total of 15% of the project would be affordable as required by the city.

Tremont/Stuart Development LLC is a collaboration of Abbot Real Estate Development LLC and Amherst Media Investors LLC.

Amherst Media Investors LLC had previously proposed in 2005 a three-story project at 240 Tremont St. that would include only a

restaurant, office space, and a bright video billboard.

At the other end of Kneeland Street, Millennium Partners plan to renovate the former Teradyne building at 179 Lincoln St., near the Chinatown Gate.

The five-story office building will not change in size or shape, but the entrance will be relocated to Surface Road, opposite the location of the Chinatown Park, which is under construction.

The building's exterior and entrance at Lincoln St. and Surface Road would be replaced under the plan.

The Boston Redevelopment Authority will hold a hearing for the 240 Tremont St. building on December 19, 6:30 p.m., and the 179 Lincoln St. building on December 20, 6:30 p.m., at the DoubleTree Hotel in Chinatown.

Santa Visits Chinatown



Many people said hello to Santa when he visited Chinatown on December 3.

Photo by Betty Chow

BRA

PUBLIC MEETING

The Boston Redevelopment Authority will host a public meeting regarding

179 Lincoln St

Project Proponent: Millennium Partners-Boston and Devco IV 179 Lincoln Holding Co. LLC

December 20th, 2006

6:30-8:00 PM

179 Lincoln Street

Teradyne Building, Leather District

Millennium Partners-Boston will file a Project Notification Form for the proposed renovation of the existing structure at 179 Lincoln Street for office, retail, and other mixed-use commercial space occupying approximately 250,000 square feet ("SF") of floor area. The height and massing of the existing building will not be altered. The Project includes a new entrance and lobby, interior renovation including life safety and elevator systems, loading facility, and provides for approximately 40 to 60 parking spaces in a portion of the existing lower level for the building's tenants.

Close of Comment Period: January 9, 2007

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Harry Collings
Executive Director/Secretary

Boston
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City Hall 9th Floor
1 City Hall Square
Boston, MA 02201
617.722.4300

BRA

PUBLIC MEETING

The Boston Redevelopment Authority will host a public meeting regarding

Parcel P-7A

Tuesday, December 19

6:30-8:00 PM

Doubletree Hotel

821 Washington Street, Boston

A BRA owned parcel located at 240 Tremont Street in the Midtown Cultural District, as a part of Article 80 Large Project Review. Tremont/Stuart Development LLC, the Redeveloper, proposes a new construction of a 14-story, approximately 70,000 square foot glass and steel structure, which will include approximately 72 studio and one-bedroom dwelling units, restaurant space, and exterior signage.

A copy of Project Notification Form may be reviewed at the Boston Redevelopment Authority, Boston City Hall, 9th floor, Monday - Friday, 9:00 AM - 5:00 PM

If you have any question regarding the meeting, please contact:

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Chinatown Park Nearing Completion

FROM PAGE 1

ing redesigning its entrance, so that it faces the park, and adding balconies that overlook the new public space.

The \$5 million Chinatown Park is the smallest of the Rose Kennedy Greenway parks, which will extend roughly 30 acres along the path of the old elevated Central Artery, from Chinatown through the Wharf District and North End to the TD Bank North Garden.

The sword-shaped Chinatown Park will stretch from the Chinatown Gate, along Surface Road, to Essex Street. At the southern end, or gate end, of the park will be a stone-surface open area that could be used for performances or social gatherings. It will include a Chinese chess-board design by artist May Sun on the ground in front of the gate. The gathering space will narrow to the north into a snake-like path traveling parallel to Surface Road up to the intersection with Essex Street.

Along the so-called "serpentine path" will be a stone waterfall, red bamboo frames, and a red abstract art structure shaped similar to a sail. Plants in the park will include lacebark pines, weeping willows, cherry trees, ginkgoes, Chinese lacebark elms, golden rain trees, and bamboo.

One of the most significant proposals made after the park's ceremonial groundbreaking is a memorial to honor longtime activist Mary Soo Hoo, who died one year ago this month. Though the design of the memorial has yet to be completed, it will likely take the shape of a public art structure on which kids can climb. It will replace an existing jungle-gym set currently in the center of the Chinatown Gate Park, which will also be renovated and repainted.

"Right now, we are working with Mary's family, the Turnpike Authority, and the community to create a place in a public park on Hudson Street where neighbors and friends can go and remember Mary's spirit of kindness and her desire for a better community," said Mayor Thomas M. Menino of the project in a prepared statement.

"Mary gave so much to Chinatown and to Boston, it is only fitting that the city work with the community to find the best tribute to honor Mary's memory," he said.

Several people involved

in the Chinatown Park's design said they feel the renovated gate park could revive a public space that has become run-down and overrun by loiterers drinking alcohol hidden in brown paper bags.

"Kids are afraid to play there," said Ricky Chan, a manager of the Imperial Seafood restaurant, which is close to both the Chinatown Park and the Chinatown Gate Park.

For Chan, the new Chinatown Park has been both good and bad news for his restaurant. While he said that Imperial Seafood has suffered a nearly 60% drop in business over the past few years due to the park's construction and related street closures, he said the completion of the park will be "great for the community."

Chan said that he plans to renovate the restaurant when the park is completed and is considering moving the entrance of Imperial Seafood from Beach Street to Edinboro St., so that it opens up onto the park. He is also thinking about putting balconies outside the restaurant, so that "if people stand on the balconies, they can overlook events [in the park]."

At the opposite side of the Chinatown Park, Millennium Partners plans to renovate the former Teradyne building at 179 Lincoln Street. Millennium also plans to rework the entrance of the office building so that it faces the Chinatown Park.

"It's such a good idea," said Millennium's Joe Larkin of the park, "that we want to turn the building around" to face it.

At the other end of the new public space, near Kingston Street, developer Ori Ron has plans to redevelop the run-down Dainty Dot building, which will be directly visible from the Chinatown Park.

"I think the park is great," said Ron, who purchased the building at 120 Kingston Street in August. He said he plans to work with the park's landscape architect, Carol R. Johnson Associates, to extend features of the park to the edges of his property.

"He's certainly thinking about making a nice design," said David Seeley, a Leather District resident who is familiar with Ron's plans. Seeley co-chairs an advisory committee for the design of the park.

Seeley and his Chinatown counterpart, Stephanie Fan, said they are



Top: View of Chinatown Park. Image provided by the Massachusetts Turnpike Authority.

Above: Image of proposed renovations at 179 Lincoln St. Photo provided by Millennium Partners.

Left: Dave Seeley and Stephanie Fan stand in front of the Dainty Dot building near the park's construction site.

Bottom: Dynasty last week, boarded up and covered in graffiti.

glad that nearby developers appear interested in designing projects that complement the park.

"Our fear was that someone would come in and nuke the area and build a big tower" that overshadows the park, said Seeley.

A Leather District neighborhood group had commissioned architectural firm Utile three years ago to create a study to find the best ways to build around the park. But it doesn't appear that developers or city planners have yet followed the suggestions, such as constructing a residential and community-use building near the Chinatown Gate or lining some streets with trees to visually extend the park's presence.

Also, possible plans for at least two other properties that will be directly visible from the park have not yet been disclosed. Ron Druker, a major Boston real estate developer, has yet to say if or how he will redevelop a brick building at Edinboro and Kingston Streets abutting the public space. Druker, who is traveling outside the country, could not be reached for this story.

Wilson Lee, who ran the now-boarded-shut Dynasty restaurant on Edinboro Street, announced three years ago that he and his sister, Catherine, would reopen a restaurant at the same location, which faces the Chinatown Park. But Lee, who declined to comment for this story, has not begun work on Dynasty, which went bankrupt and was forced to close in 2002 because of city health code violations. In 2004, city Inspectional Services officials boarded up the building because they suspected homeless people were squatting inside.

Several people still complain that Edinboro Street has become unwelcoming after dark because of vacant buildings such as the Dynasty and poor lighting.

"At night, people are very scared to go down there," said Chan, manager of Imperial Seafood.

Several community and business leaders in Chinatown say they don't like the idea of having the rundown Dynasty in plain view of the park.

"It's a huge eyesore," said one neighborhood activist who advocates for a cleaner and more business-friendly Chinatown. "People who walk down the park will see a huge abandoned building."

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Possible Affordable Housing for Chinatown

By Adam Smith

An affordable-housing project might be in the pipeline for Chinatown.

Developer Ori Ron says he's exploring the possibility of turning the parking lot off of Oxford Street and Ping On Street, near Sun Sun Market, into a mostly affordable, mixed-income housing project.

"The idea [is] teaming up with a third party to develop a piece of land which we have identified in the heart of Chinatown," he said.

Ron, a managing partner of Hudson Group North America LLC, has not yet purchased the property, but suggested he is confident that he will be able to acquire it.

He declined to say how many units he hopes to build on the site or how

large the project might be, but zoning only allows building up to 80 feet in height.

If successful, the mostly-affordable housing project would be developed in conjunction with another development that Ron is planning at the site of the former Dainty Dot building at nearby 120 Kingston Street.

Under Boston's Inclusionary Zoning Policy, developers of new residential projects must include affordable apartment units equal to 15% of the market-rate units. It is not yet clear if Ron's project will exceed that percentage of affordable units because Ron has not disclosed the size of the affordable-housing building he is proposing.

Ron purchased the 117-year-old Dainty Dot building, just on the edge of



Possible development site at Oxford St.

Chinatown, for \$9 million. He said he will likely develop housing at the site, but that he is not sure what the final project will look like.

"I cannot give you too many details because we are basically waiting for a meeting with the mayor to wrap up some different design ideas," he said dur-

ing a phone interview.

Ron said that the idea to develop the "affordable-housing component" off of Oxford St. came up after he met with several Chinatown neighborhood organizations to ask what they desire in a development project.

"Everyone we talk to, every single entity -- the

Chinese Progressive Association, the Asian Community Development Corporation, the Chinese Consolidated Benevolent Association -- everyone tells us that there is a shortage of land, and the land is the key to the affordable housing development," he said.

Lydia Lowe of the Chinese Progressive Association said that Ron has met with her group and casually discussed the project.

Lowe suggested she viewed the meeting as a positive sign that the developer is planning to work with the neighborhood, but cautioned that the proposal still appears uncertain.

Michael Wong of the Chinese Consolidated Benevolent Association also confirmed that Ron met with his group, which

owns one-third, or about 2,500 square feet of the parking lot on which Ron hopes to build. But Wong said he did not yet know if the association would sell its portion of the parking lot.

"There's still a long way to go" before an actual sale, Wong said.

Most of the parking lot, about 4,000 square feet, is owned by Joseph Resha, according to the Boston Assessing Department.

It appears that the development of the affordable project would first require Ron to successfully purchase at least part of the parking lot.

Resha, who could not be reached for comment, had also sold the Dainty Dot building to Ron in August of this year.

Housing in Chinatown Could Double by 2010

FROM PAGE 1

by one-third since 2000 and is expected to more than double by 2010. Most of the new housing created will be market-rate and luxury.

While acknowledging that the numbers could change depending which projects are considered inside Chinatown, the groups says that in 2000, the neighborhood had a total of 2,091 housing units. By 2006, that number grew by 1,171 units. When and if all currently planned and proposed housing developments are completed, the total housing stock will reach 4,401. About one-third of that total projected stock is expected to serve

moderate-income earners and some low-income earners.

"Chinatown's population will double by 2010," said Kye Leung, project coordinator of the Chinatown Gateway Coalition.

The Boston Redevelopment Authority, through a spokesperson, did not dispute the housing numbers produced by the group, but did say that the projected number of affordable units appeared too low.

Leung said the data -- which he cautioned was somewhat a work-in-progress -- will be used for the coalition's main goal of advocating for a develop-

ment of a lot of up to 20-acres next to Chinatown, known officially as the South Bay Planning Study Area. The area, which the coalition says should be named the Chinatown Gateway, consists mostly of former Big Dig parcels, and is bounded by Kneeland Street, Albany Street, the Massachusetts Turnpike I-90 mainline, and the I-93 northbound mainline.

"We just wanted to show that the trend is not to develop affordable housing," said Leung.

However, he said, a high demand for low-income housing exists in Chinatown based on waiting lists at federally subsidized apartment complex-

es.

But Leung said he did not want to say what type of housing would be best at the site, and that would be left up to residents and community groups. The coalition has met with residents to tell them about the South Bay Planning Study Area and hopes to also collaborate with business owners, community groups and others.

By the spring of 2007, the group plans to host a community design forum for to come up with ideas for what could be built on the expansive lot.

Whoever builds on the land will likely encounter a costly and complicated project because elevated high-

way roads and ramps cross through it, leaving only about 10 acres of usable dirt ground. Boston Residential submitted a proposal in 2004 to develop the area, most of which is owned by the Massachusetts Turnpike Authority, but the authority has yet to make a decision on whether to accept the proposal and little news about the land has been released for nearly three years.

The Boston Residential proposal included a 67-floor building called the Gateway Tower, and 1,669 housing units.

The Chinatown Gateway Coalition has said it hopes to take advantage

of the lull in the city and state planning processes for the area and draft its own guidelines for developing the land. City officials, however, have said that the Massachusetts Turnpike Authority and the Boston Redevelopment Authority have already worked with Chinatown neighborhood leaders for the initial planning of the lot's development.

When asked about the likelihood of successfully influencing the development of the land, Leung said: "We have to be smart about what we do and there will probably be compromises." He added: "The other scenario would be to not do anything."

More Than Whites, Minorities Struggle to Make Ends Meet

FROM PAGE 1

households are likely to be shelter poor, as are four in 10 black-led households. Still, Asian Americans aren't far behind with about 39% likely to be shelter poor.

Furthermore, more than one in four Asian American renters spent more than half of their income for housing in 2000,

according to the report. About 46% of Asian Americans renters paid close to a third of their income for housing.

Minorities, including Asian Americans, also tend to have larger households than whites, which can increase their total non-housing costs.

Latino renters in 2000 had the largest median

households at 2.9 people, followed by Asians at 2.3 people, and blacks at 2.2 people. Whites had only 1.9 people per household in Massachusetts.

Stone said that though much of the work relied on data extracted from the 2000 Census, the housing situation has likely gotten worse in the years since.

A recent push to

increase minority homeownership has possibly hurt more than helped, surmised Stone, because if new homeowners foreclose, they will likely suffer grave consequences including ruining their credit-rating and going without housing.

He also said that the drive to build more housing, including in cities such

as Boston, has helped minorities and poor people very little. This is because much of the new housing is market-rate or luxury housing that tends to drive up housing costs and gentrify areas. In addition, he said, much of the new housing created that is called "affordable" is often too expensive for low-income earners.

"The rents are still less than the market, but more than people can afford," he said, noting that this is especially true in places like Chinatown.

Exacerbating the problem of the "shelter poor" is a lack of state and federal funding for programs and policies meant to provide low-income housing.

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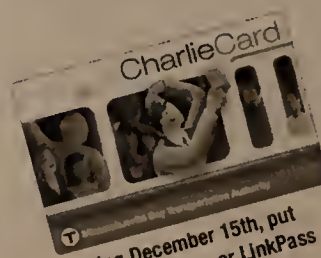
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Suicide Crisis Gets Attention of NY Lawmakers

By M. Thang

Lawmakers convened a public hearing on December 7 to learn about the high rates of suicide and suicide attempts among Asian and Hispanic women in the state of New York. The New York State Assembly's three main organizers of the hearing were assemblyman Peter Rivera, chair of the Committee on Mental Health, Mental Retardation and Developmental Disabilities; the Task Force on Women's Issues; and the Puerto Rican/Hispanic Task Force.

Experts from government and advocacy groups gave testimony at the public hearing.

The Sampan got in touch with two of them: Sharon Carpinello, commissioner of the New York State Office of Mental Health; and Cao O, executive director of the Asian American Federation of New York, a Manhattan-based nonprofit that con-

ducts research and promotes civic philanthropy.

Sampan: How bad is the crisis of suicide and depression in Asians?

Carpinello: The statistics for depression and suicide among Asian American women are quite striking. Asian/Pacific Islander females in grades five through 12 show more depressive symptoms than any other group at this age level.

Among the high school population, Asian Americans attempt suicide as frequently as their Hispanic, African American and Caucasian counterparts. In the college population, however, suicide rates for Asian Americans appear to be elevated. At Cornell University, for example, Asian students completed 50% of the attempted suicides, even though they comprise only 17% of the student body.

Two out of five Asian American women over 65 living in New York City suffer from depression, which is twice the rate of all women in this age group living there.

In the United States, Asian American women have the highest suicide rate of all women over age 65.

Additionally, the suicide rates for Asian females in their home country are among the highest in the world -- in fact, 50% of all suicides by women worldwide occur in China.

Are there problems in suicide prevention for elderly Asians?

O: We have a long way to go in mental healthcare for Asians. There are not enough linkages between mental health programs and programs that serve Asian seniors.

For example, seniors tend not to seek help from professional mental health clinics.

Meanwhile, the staff at senior centers generally are not trained in mental health; they don't know how to detect symptoms of depression.

What about depression in Asian girls and suicide in college students?

O: The same principles (as those for mental healthcare for Asian seniors) apply. There should be linkages between mental health programs and the schools -- or maybe school teachers or counselors need trainings in mental health awareness, suicide prevention, and depression...

Likewise, education on mental health issues should be made available to parents.

Do some Asian subgroups have mental health issues or experiences that are common to them?

I don't want to generalize.

But there have been certain events of the past that have caused long-term emotional effects to particular groups of people who shared similar experiences. For example, many Cambodians who fled the country in the 1980s and later have experienced post-traumatic stress disorder, or PTSD, because of what they have gone through in the "killing fields" (regime of Pol Pot). In the 1980s and 1990s, the wave of refugees to the US from Vietnam included "boat people." On the high seas, many of these refugees were attacked by pirates, and women were raped.

What would you like to see come out of the December 7 public hearing?

O: We need to see some efforts in (creating effective) prevention programs. Otherwise, it doesn't do any good. The programs and action must be locally

relevant. A more-focused locally-relevant study -- instead of a national one, for example, as the basis to inform prevention programs -- must be conducted.

We need to be more specifically looking at systemic gaps, these missing linkages in the system (that affect the elderly and students) that I've been talking about. We need to find out what kinds of therapeutic interventions will work with Asian populations for suicide prevention.

Mental health professionals who are culturally competent to treat Asians and deal with suicide are needed. A mental health professional might be trained in interventions for depression, but the person might not be trained in working with Asians. Professionals might be culturally competent in working with Asians, but they might not be trained in sui-

CONTINUED PAGE 6

Asian Americans Less Likely to Seek Help

FROM PAGE 1

Asian Americans, especially immigrants from Asia, are actually less likely than their European American counterparts to seek support from their peers during times of stress.

"Some people view collectivistic cultures [as] closer, tighter knit, and consequently perhaps that Asian Americans would be more likely to turn to their support network for help. Yet we found repeatedly the opposite, that when it comes to specifically asking for help...the Asian Americans in our study reported they were less likely to turn to their networks for help," said David K. Sherman, assistant professor of psychology at UC Santa Barbara, in a phone interview. Sherman oversaw the research project with Heejung S. Kim, also an assistant professor of psychology at the university.

Sherman and Kim describe so-called collectivistic cultures as those in which "members of close groups are bound to one another emotionally." These cultures tend to highly value the group's goals and well-being over the individuals. So-called individualistic cultures, on the other hand, value independence and the individual over the group.

The research suggests that Asian Americans fear that asking for help would burden others, disrupt harmony of the group, and bring shame to the person facing trouble or his or her family. Caucasians, however, may view asking for help as a "proactive" way to solve the problematic situation.

Asian Americans, said the researchers, are more likely to simply spend time with those to whom they are close instead of directly asking them for help. Yet others, such as European

Americans from more "individualistic cultures," are more likely to ask for help from close friends or family "with less concern for the potential costs that doing so might cause the relationship."

Also, those in individualistic cultures tend to perceive responding to requests for help as a choice, whereas those in collectivistic cultures view responding to such requests as an obligation. This makes people from collectivistic cultures more "cautious" when asking for help.

"In a collectivistic culture, generally people have a stronger sense of duty or

Asian Immigrants are more likely to avoid seeking help than Asian Americans born in America

obligation to help out each other. So...if...someone close were to ask you for help in some way, people will feel that it is their responsibility or obligation to say 'yes,'" said Kim. Because "it's highly unlikely the person will say 'no'... that just means that I have to calibrate and pay attention to whether this is an appropriate thing to ask, or what kind of burden am I going to pose on this person."

But, she said, in "a more individualistic culture everyone more or less has the choice or freedom to say 'yes' or 'no.' It's not that people don't help, it's that the help usually comes from a voluntary choice."

The researchers said that immigrants were more likely to avoid seeking help, but that Asian Americans born in the U.S. were also likely to act similarly.

"We have looked at this across different generations of Asian Americans. What we find is that the effects are strongest for the Asian immigrants," said Sherman. "That suggests

strongly that it's kind of driven by how acculturated you are. If you are a later-generation Asian American who is more bicultural, you're less likely to show these effects."

Sherman and Kim say their research may explain why Asian Americans may avoid asking for help during times of stress and why they may not take advantage of available social services. It may also be used to design social service programs that more effectively reach Asian Americans.

The research was published in the December issue of Personality and Social Psychology Bulletin, the journal of the "Society for Personality and Social Psychology." A grant from the National Science Foundation's Human and Social Dynamics program funded the project, which was also carried out by Shelley E. Taylor, professor of psychology, and Deborah Ko, a social psychology graduate student at UC Santa Barbara.

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Info. Workshop 12/5/06
Lottery Drawing 1/17/07
Both events at 7:00 pm at
The Abington Town Hall
500 Gliniewicz Way

Applications must be received by 1/10/07
Contact Delphic Associates for more
information at 508-994-4100

HEALTH 101

Understanding Nutrition Labels

By Chiduzie Madubata

What's more nutritious to eat? Some choices are obvious: eating orange is a better bet than chocolate ice cream. But other choices are not so obvious. For

instance, if you went to the store to get you want to eat hot dogs, you would find that there is not just one type of hot dog in the store, there's Oscar Meyer, Hormel Wrangler, and many other brands. Yet, when you look at the hot dogs in the store, they look the same on the outside. So how do you choose which one is healthier than the

other? The key is to take a look at the nutrition labels that you find on the back of foods, such as the examples shown in this article (on page 8).

At first, the numbers may appear to be intimidating. What is the importance of how much fat, protein, or cholesterol that you take in? What else should you watch out for?

After reading this article, you will be able to determine which of these hot dogs (and, more importantly, other foods) will be healthier for you.

One of the first things to consider is how many calories each particular portion of food will contain. You will also want to know the amounts of fat, cholesterol and sodium.

Check the number of servings and serving sizes, too. For instance, in the nutrition label for the Hormel Wrangler hot dogs, the serving size is one hot dog. So the amount of calories, fat, and protein shown on the label is just for one hot dog.

Another part of the labels that you will see are percentages. For example,

in the Oscar Meyer hot dog label, you see percentages such as 21%, 28%, and 8%. They reflect the amount of calories and other nutrients that you need each day (calories refer to the amount of energy that foods can give you).

Most people need between 2,000 and 2,500 calories a day to have energy for daily tasks. It is also important to know that you need to use as much energy as you take in through food, or else you have more of a risk of gaining weight that may cause future health problems. The percentages on labels can help you determine how much you are taking in daily. For instance, if you eat one Oscar Meyer hot dog, you will get 21% of the total fat and 8% of the total cholesterol you need each day.

To have a healthy diet, people need to see how much of each nutrient they need to take in each day. Some nutrients should be limited. For instance, it is important to limit the amount of fats and cholesterol that you take in because they provide so many calories and they can cause you to take in more calories than you can use. There are other nutrients, such as sodium, that you need to also limit. Although they are important nutrients, they are only healthy in small amounts. The nutrition label shows the percentages of nutrients that each food provides for each day, and knowing this information can help you limit the intake of these nutrients.

CONTINUED PAGE 8

Suicide

FROM PAGE 5

cide intervention.

Some sort of public education and programs for parents and school officials need to be developed, too.

What can people do to help those who face depression or are suicidal?

Carpinello: If a friend or loved one seems troubled or tells you he or she is thinking about suicide, you should take their distress seriously, listen non-judgmentally, and encourage him or her to speak with someone who can help, such as a family physician, school counselor, religious leader, therapist or staff person at a crisis hotline.

If someone is suicidal, he or she should not be left alone. Try to get the person to seek help immediately from his or her doctor or the nearest hospital emergency room, or call 911. It is also important to limit the person's access to firearms, medications or other methods for suicide.

Information about suicide, its risk factors, and warning signs, as well as how to seek help and how to help others, is available in English, Spanish and Chinese at www.speakny.org.

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NOW PRE-LEASING AT WHIPPLE ANNEX, Ipswich, MA NEW CONVERSION TO APARTMENT RENTALS! For Occupancy February 2007



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何麗潔
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781.888.3322



Allston: Townhouse 4 1/2 浴, 近 Harvard Business School, 連車位 \$419,900

Brookline: 2 1/2 浴, 華盛頓廣場公寓 1106 sf, 私密陽臺, 地板, 牆壁爐, 低於估價 \$369,900

Brookline: 單家庭屋, 9 年新, 5 臥/3 浴/2 車位, \$999k

Malden: 擴建 Cape 式房, 6 房, 3 臥/2.5 浴 2 車道, \$349,900

Newton: 單家庭屋 1638sf 居家面積, 3 臥/2 浴, 1 車庫, 大地 9000sf, 534k

Newton: 單家庭 Oak Hill, 10,000sf, 須裝修或改建 \$599,000

Newton: 3 臥/2.5 浴, 單車庫, 可立即入住 1800+sf, \$465,000

Newton: 4 臥/2.5 浴, 全新排屋, 2600sf, \$688k

Newton: 平房 3 臥/2 浴, 單車庫, \$469,900

Cambridge: 位於 Porter 廣場及哈佛廣場之間的 2 臥排屋, 可立即入住, 單車庫, 359k

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Malden: expanded Cape, 6 rooms, 3bed/2.5bath, 2 driveways, \$349,900

Newton: SF 1638sf living area, 3 br/2 ba, 1 car garage, large lot 9000sf, 534k

Newton: SF, Oak Hill, 10,000 sf, need TLC \$599,000

Newton: 3bed/2.5bath, 1car garage, move-in condition, 1800+sf, \$465,000

Newton: 4 bed/2.5bath brand new townhouse, 2600sf, \$688k

Newton: raised Ranch, 3 bed/2bath 1 car garage, \$469,900

Cambridge: 2 bed condo between Porter Sq. and Harvard Sq., move-in condition, including one car garage, 359k



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Norton Library 68 E. Main St, Norton
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and www.Chapa.org

Available for income eligible buyers

Info. Workshop 11/21/06
Lottery Drawing 12/27/06
Both events at 7:00 pm at
The Norton Town Hall
70 E. Main St., Norton

Applications must be received by 12/20/06
Contact Delphic Associates for more
information at 508-994-4100

► CELEBRATIONS

FIRST NIGHT BOSTON
Sun., Dec. 31, 1 pm to midnight
AT: Hynes Convention Center, Boston, and various in- and outdoor venues in downtown Boston
\$15; FREE for children 4 and under
(617) 542-1399
www.FirstNight.org
FEATURING: **Greater Boston Chinese Cultural Assn.**, 1 pm and 9 pm in Hynes, 5:30 for grand procession on Boylston St.

BRIGHT NIGHT PROVIDENCE

Sun., Dec. 31, final schedule to be confirmed
AT: Rhode Island School of Design auditorium
\$15 on 12/31; \$10 in advance
(401) 621-6123
www.BrightNight.org
FEATURING: **Chinese Folk Art Society**, 4:45-5:30, for neon dragon, lion dance, drums, Chinese yoyo, and folk dances; **Traditional Chinese Dance Troupe**, 4-4:30

OSHOGATSU: New Year's Celebration & Dinner
Sat., Jan. 13, 12:30-6:30
Pre-registration by Jan. 5 required
AT: Peabody Essex Museum, Salem, Mass.
\$47, \$18 for children under 12.
FREE for kids 2 and under
(617) 451-0726
Japan Society of Boston
www.us-japan.org/boston
FEATURING: Shishimai lion dance, **Odaiko New England Taiko** performance, Kamishibai reading "Hats for the Jizo," Koto concert by **Ryuko Mizutani**, Mochi-Pounding Ceremony, Origami boar; and more.

► MUSIC

"SNOW in JUNE"
Lynn Chang, violin
Wu Man, pipa
Hsin-Yun Huang, viola
Bion Tsang, cello
Sat., Jan. 6, 8:30 pm
AT: Jordan Hall, Boston
(781) 259-8195
www.ChinesePerformingArts.net

Performances below are at **BERKLEE COLLEGE OF MUSIC**, Boston
\$5 or FREE
Confirm admission and price at:
www.Berklee.edu/events (617) 747-8820
• **Guitarist TAKUYA MIYAZAWA**
Dec. 18, 7 pm, Berk Recital Hall
Takuya Miyazawa presents his senior recital.
• **Pianist SUNG EUN NOH**
Dec. 19, 5 pm, Recital Hall 1W
Sung Eun Noh's recital features jazz and originals.
See www.Berklee.edu/events for more performances and student recitals.

► FILMS

CURSE of the GOLDEN FLOWER
Director & Writer: Zhang Yimou
(of "Hero" and "House of Flying Daggers")
Starring: Gong Li, Chow Yun Fat
With English Subtitles
A 10th-century epic that fuses adventure and romance with martial arts. On the eve of the Chong Yang Festival in the Imperial Palace, the volatile balance of power between Empress Phoenix (Gong Li), Emperor Ping (Chow Yun Fat), and his three sons (Jay Chou, Liu Ye, Junjie Qin) collides with betrayal, deceit and passion. Ugly secrets are revealed. The Imperial Family continues its elaborate charade as thousands of golden-armored warriors charge the palace.
www.sonyclassics.com/curseofthegoldenflower
Starts Dec. 22
AT: Kendall Square Cinema, Cambridge (617) 496-1996
Embassy Cinema, Waltham (781) 893-2500
www.sonyclassics.com/CurseOfTheGoldenFlower

"CLASSIC FILMS by KENJI MIZOGUCHI"
Dec. 27 to Jan. 14
All films in Japanese with English subtitles
UGETSU (1953)
Wed., Dec. 27, 5:30 pm
Jan. 4, 10:30 am
"Ugetsu" — arguably Mizoguchi's supreme achievement — is a ghost story in which greed unravels a peasant in medieval Japan. Derived from stories by Akinari Ueda and Guy de Maupassant, this haunting tale of love and loss is an exquisite blend of the otherworldly and the real.
STREET of SHAME (1956) (AKASEN CHITAI)
Sat., Dec. 30, 2:15 pm
Sat., Jan. 13, 12:30 pm
"Street of Shame" is Mizoguchi's last film, a typically cynical one, that dramatizes the life of a prostitute in postwar Japan. Rumors of anti-prostitution crackdowns penetrate the red-light district. The women there, including the Americanized stereotype "Mickey," shed light on the paths of exploitation that led them to the profession.
"SISTERS of GION" (1936) (GION NO SHIMAI)
Fri., Jan. 5, 6 pm
"Sisters" — arguably postwar Japan's best film and a stinging denunciation of the treatment of women in Japanese society — portrays two sisters, both geishas, in Kyoto's red-light district, the Gion. Older Sister tries to train Younger One in *giri*, the strict code of conduct and responsibility. She resents her role and wants to take her clients for all she can. "Sisters" is typical of Mizoguchi's visual style: fixed and distanced camera positions, long-sequence takes, and unusually fluid shots.
"SANSHO the BAILIFF" (1954) (SANSHO DAYU)
Sat., Jan. 6, 10:30 am

"Sansho," another superb achievement for Mizoguchi, is a *jidai-geki* (period film) set in feudal Japan. A disgraced aristocrat is exiled. Raiders attack the left-behind wife and children. The wife is forced into prostitution, the children into slavery.
AT: Museum of Fine Arts, Boston
\$9 general admission
(617) 369-3907
www.mfa.org/filmartSPACE@16
Malden, Mass.
(781) 321-8058
www.artSPACEat16.com

► EXHIBITIONS

To Feb. 17:
"FOUR COMPOSITIONS by FOUR MALDONIANS"
artSPACE@16's 37th exhibit, composed of four local artists, includes: "Abstractions in Metal," assembled metal sculptures by Stephen deFilippis; "Minor Erections," a photography series by Wesley Kalloch; "An Expedition to Benin, West Africa," a photo documentary series by Paul J. Sieswerda; and "Upper Story," illuminated sculptures by Sand T.

SACKLER MUSEUM
Cambridge
(617) 495-9400
ArtMuseumsHarvard.edu
To April 8:
"CULTIVATING VIRTUE: BOTANICAL MOTIFS and SYMBOLS in EAST ASIAN ART"
Plant themes and symbolism are the highlight of this exhibition. Flowers and plants in East Asian art have held auspicious meanings and moral overtones, such as the "Four Gentlemen" — the plum blossom, orchid, chrysanthemum, and bamboo, which embody the Confucian gentleman-scholar — and the "Three Friends of Winter," the pine, bamboo, and Chinese plum, which survive winter and represent strength in the face of adversity. Flowers are associated with the four seasons and the 12 months.

ISABELLA STEWART GARDNER MUSEUM
Boston
(617) 278-5156
www.GardnerMuseum.org
To Jan. 14:
"A BRONZE MENAGERIE: MAT WEIGHTS of EARLY CHINA"
Small bronze sculptures, used to weigh down mats and for playing board games, from China's Warring States Period and Han Dynasty (475 BC-22 AD), depicting bears, felines, rams, deer, and other creatures. Their internment in tombs suggests that they were significant in life as well as after death.

KEIKO GALLERY
Charles St., Boston
(617) 725-2888
www.KeikoGallery.com
To Dec. 24:
"MATSUMOTO HIROKI: Clay Dolls 'Cat's Dreams'"



"TRADITION and TRANSFORMATION: JAPANESE ART 1860-1940"

MUSEUM of FINE ARTS, Boston
(617) 267-9300
www.mfa.org/exhibitions
To Dec. 31:
"TRADITION and TRANSFORMATION: JAPANESE ART 1860-1940"
Under Emperor Meiji and after the arrival of Commodore Matthew Perry in 1853, Japan entered into modernization and embraced Western social, political and artistic influences. For some artists however, the pace of change was too sudden, and they reasserted the importance of traditional themes and styles. This exhibition explores the creative tensions that often led to such exciting syntheses of East and West.

To Dec. 31:
"ON STAGE in OSAKA: ACTOR PRINTS from the MFA COLLECTION"
Preview the exhibition at www.mfa.org/tours/package.asp?key=234
Distinctive prints from 19th-century Osaka that have never been exhibited before. Until recently, interest in Japanese prints focused on Tokyo works (called Edo until 1868). From the late 17th to early 20th centuries, artists in Edo produced single-block woodblock prints of subjects including actors, women, historical scenes, and landscapes. The Osaka print tradition, in contrast, concentrates mostly on Kabuki theatre, featuring an exaggerated caricature-like quality that influenced Edo artists such as Sharaku and Toyokuni I.
To Jan. 28:

"UNDERSTANDING the MASTER: DONG QICHANG and His CIRCLE"
Controversial painter **Dong Qichang** (1555-1626) is called the greatest Chinese artist as well as simply clumsy with the brush. Deceptively simple sketches of rocks and trees offer a rare glimpse into his analytical method. Also, paintings by his friends and followers provide critical context for understanding Dong.
To July 6:
"BEYOND BASKETRY: JAPANESE BAMBOO ART"
Woven bamboo containers have emerged as a prestigious art form in the last century. From their roots in Chinese influence to today's often extravagant forms, Japanese bamboo art requires years of training

and months of work to complete. Exhibition includes works by **Iizuka Hosai** and **Iizuka Rokansai**, who worked from the 1920s to the 1950s, and **Shono Shounsai** (1904-1974), Japan's first bamboo artist to be declared a "Living National Treasure."
To July 6:
"TSUTSUGAKI TEXTILES from the Collection of David and Marita PALLY"
The Japanese Imperial household, samurai class, and wealthy merchants could afford luxurious silk garments and textiles. Most Japanese could not; they used cloth made of ramie, a type of hemp fiber, and cotton, which were more accessible and comfortable in humid hot weather. They weren't resistant to color with the brilliant dyes used on silk. Indigo was used for color in a range of resist-dyeing methods. This exhibition features a selection of folk textiles patterned via the technique called *tsutsugaki*, which involves protecting areas of cloth with a starch-like, dye-resistant paste, then removing the paste and hand-painting on the still-white areas to create designs and auspicious symbols.

PEABODY ESSEX MUSEUM
Salem, Mass.
(978) 745-9500
www.pem.org/exhibitions
To Mar. 4:
"CONTEMPORARY FURNITURE-MAKERS EXPLORE CHINESE TRADITIONS"
View online exhibition at www.pem.org/ibc
29 examples of historic Chinese furniture, with 28 works made specifically for the exhibition, by 21 furniture-makers from Canada, China, and the USA, all recognized leaders in studio furniture. Works include an incense stand of electrical wire, a table primarily of oak and willow twigs, and a wooden stool in a U shape. Chinese design has long inspired European and American furniture-makers—notably the Chippendale style of the mid-18th century, the Aesthetic style of the late 19th century, and modernist design during the 1930s and 1940s.
To Mar. 25:
"The EMPEROR LOOKS WEST"
In China, palace workshops have brought forth some of the finest examples of art depicting historic events.

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Contact organizers directly to confirm dates, times, prices and locations. The Sampan is not responsible for schedule changes.

E-mail listings to SAMPANnews@yahoo.com.

Chinatown in Photos



Above left: Chinatown leaders said goodbye to Robert Newman, general manager of the DoubleTree hotel in Chinatown, during a farewell dinner at Vinh Sun on December 7. Newman, second to left, was involved with the Chinatown Safety Committee and the Asian American Civic Association, publisher of the Sampan. **Above right:** United Commercial Bank donated \$10,000 to the Asian American Civic Association on December 13 for the building of the Chinatown Community Education Center at 87 Tyler St., which AACA and Kwong Kow Chinese School will share. **Left:** The Greater Boston Chinese Center held a Christmas Banquet in China Pearl on December 7. The 34-year-old organization serves elderly and disabled Chinese Americans. Photo by Anita Chang.

Giving

FROM PAGE 1

round of funding applications from local nonprofits.

Founding members -- many of whom were also members of the national group Asian Americans/Pacific Islanders in Philanthropy -- wanted to model Saffron Circle after AAPIP. AAPIP aims to increase philanthropy for initiatives serving Asian and Pacific Islander Americans.

Shah said she and others formed Saffron Circle because there was a lack of grant money going to orga-

nizations serving Asian Americans in the Greater Boston area.

Another member, Miki Akimoto, said the model-minority myth - a stereotype that all Asian Americans are high achievers and well off - prevents many organizations serving Asians from receiving adequate funding.

Studies have shown that great disparities exist when it comes to the incomes and educational attainments of Asian Americans. For example, a report from the Institute for Asian American Studies at the University of Massachusetts

at Boston found that while more than one in three Japanese and Korean Americans in Massachusetts is enrolled in higher education, fewer than 6% of Laotian Americans are. Furthermore, more than half of Vietnamese American women in Massachusetts have less than a high school education.

"There's this population that's disappearing through the cracks," said Akimoto.

Saffron Circle -- which started with about 10 founding members -- has 32 members, including people active in Chinatown, such

as Helen Chin Schlichte, a founder of South Cove Manor, and Jeremy Liu, director of the Asian Community Development Corporation.

Currently the group has \$16,000 in assets and is distributing grants of fewer than \$5,000 to "emerging and established" organizations serving Asians in Massachusetts.

"There are not that many Asian Americans in philanthropy in Boston," said Akimoto. "But we're working on [changing] that." More information can be found at www.saffroncircle.org.

Understanding Nutrition Labels

Nutrition Facts

Amount Per Serving	
Calories 147	Calories from Fat 123
% Daily Value*	
Total Fat 14g	21%
Saturated Fat 6g	28%
Trans Fat	
Cholesterol 25mg	8%
Sodium 461mg	19%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 3%

*Percent Daily Values are based on a diet of other people's misdeeds.

Label for Oscar Meyer beef franks

Nutrition Facts

Amount Per Serving	
Calories 162	Calories from Fat 129
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 6g	30%
Trans Fat	
Cholesterol 38mg	13%
Sodium 557mg	23%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 7g	
Vitamin A 0%	Vitamin C 19%
Calcium 1%	Iron 6%

*Percent Daily Values are based on a diet of other people's misdeeds.

Label for Hormel Wrangler beef frank

FROM PAGE 6

But knowing the reason for these numbers can only get you so far; it is important to know exactly which types of nutrients you want to limit and which nutrients you want to take in as much as possible. Near the top of the nutrition label are amounts given for fat, cholesterol, and sodium. It is recommended that you limit the amount of fats, cholesterol, and sodium that you take in. Eating too much fat, cholesterol, or sodium can cause high blood pressure and heart disease.

However, near the middle of the nutrition label, values are given for nutrients such as dietary fiber, vitamin A, vitamin C, calcium, and iron. It is generally recommended that you try to eat as much of these nutrients as you can. For instance, getting enough calcium can

reduce your risk of bone loss as you get older and getting enough dietary fiber can reduce your risk of heart disease.

So based on the nutrition labels in this article, can you determine which one of the hot dogs you want to eat? Notice that Oscar Meyer hot dogs have lower amounts of cholesterol, fat, and sodium, and fewer calories compared to the Hormel Wrangler brand. Reading the numbers on the nutrition label and understanding what they mean can help you to figure out which foods to choose and how much to eat.

This article was funded by the Asian Health Initiative of Tufts-New England Medical Center.

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親屬移民			職業移民		
	世界	大陸出生者		世界	大陸出生者
第一優先	2001.4.22	2001.4.22	第一優先	有名額	有名額
第二優先	2002.3.15	2002.3.15	第二優先	有名額	2005.4.22
第二優先	1997.4.8	1997.4.8	第三優先	2002.8.1	2002.8.1
			一般類		
第三優先	1999.1.1	1999.1.1	第三優先 A	2004.6.15	2004.6.15
			(護士)		
第四優先	1996.1.8	1995.6.22	第三優先	2001.10.1	2001.10.1
			其他		
			(無技術勞工)		
			第四優先	有名額	有名額
			第五優先	有名額	有名額

家屬移民 (Family Based Immigration):

第一優先 (美國公民的未婚成年子女): 原地踏步

第二優先
2A 永久居民的配偶和未成年子女: 前進兩週;

2B 永久居民的未婚成年子女: 前進一個月。

第三優先 (美國公民的成年

已婚子女): 前進三週

第四優先 (美國公民的兄弟姐妹): 世界一般國家前進五週; 中國大陸出生者前進一個月。

職業移民:
第一類 (科學、文藝、教育、商業和體育各界的優秀人材): 有名額。

第二類 (高學歷之專門人材): 世界一般國家出生者有名額; 中國大陸出生者 (2005.4.22)。

第三類 (專業僱員, 熟練和非技術工人): 皆出現截期。

第四類 (特別移民如美國海外雇用人員, 宗教人士): 有名額。

第五類 (投資移民): 有名額。



華埠的聖誕點燈儀式在本月三日於夏利臣街和益石街口舉行。波士頓市長曼寧諾請出聖誕老人, 一同為聖誕樹點亮燈光。華埠的聖誕樹點燈慶祝活動在波士市公共事務局、警察局、華埠安全委員會和華埠主街聯合組織下, 已連續進行了 11 年。

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- ❖ 工作許可
- ❖ 勞工紙
- ❖ 國家豁免名額
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如何讀營養資料表

營養素資料	
食用份量 一份 45 公克	
每份量的營養素含量	
熱量 147 卡 由脂肪提供之熱量 123 卡	
與每日營養素建議攝取量之百分比(%)	
總脂肪 14 公克	21%
飽和脂肪 6 公克	28%
可轉移脂肪	
膽固醇 25 毫克	8%
鈉 461 毫克	19%
總碳水化合物 1 公克	0%
纖維素 0 公克	0%
糖分 1 公克	
蛋白質 5 公克	
維他命 A 0%	維他命 C 0%
鈣 0%	鐵 3%
* 每人每日營養素建議攝取量，是以一天熱量 2000 卡為基準來計算的。而「每人每日營養素建議攝取量」，可根據每人對熱量的需求而增加或減少。	

Oscar Meyer 牛肉熱狗營養素資料表

營養素資料	
食用份量 一個熱狗 56 公克	
每份量的營養素含量	
熱量 162 卡 由脂肪提供之熱量 129 卡	
與每日營養素建議攝取量之百分比(%)	
總脂肪 14 公克	22%
飽和脂肪 6 公克	30%
可轉移脂肪	
膽固醇 38 毫克	13%
鈉 557 毫克	23%
總碳水化合物 1 公克	0%
纖維素 0 公克	0%
糖分 1 公克	
蛋白質 7 公克	
維他命 A 0%	維他命 C 19%
鈣 1%	鐵 6%
* 每人每日營養素建議攝取量，是以一天熱量 2000 卡為基準來計算的。而「每人每日營養素建議攝取量」，可根據每人對熱量的需求而增加或減少。	

Hormel Wrangler 牛肉熱狗營養素資料表

該吃什麼？選擇什麼食物才是最好的？常是許多美國人都會遇到的難題。有些選擇清楚明瞭，就像是如果你想要有一份健康營養的早餐，那你一定會選擇穀類食物及柳橙汁而不會去選擇純巧克力和冰淇淋。但是有些特殊的食物就不是那麼容易選擇了，例如：在一家有賣多種熱狗品牌的商店裡，你要如何購買你需要的熱狗呢？你也許在電視上聽過 Oscar Meyer 與 Hormel Wrangler 這兩種熱狗品牌，它們的外觀都相同，所以想要知道哪一種比較健康，訣竅就在於詳讀其包裝背面的營養素資料表(如上表)。首先，你要謹慎的去閱讀上面所顯示的『數字』，了解脂肪、蛋白質或膽固醇攝取量的重要性，及注意哪些食物有特別的限

制。希望在你讀了這篇文章後，能讓身為消費者的你學會如何選擇對你比較健康的熱狗品牌(甚至於其他的食物)。第一步你所要考量的，是到底食物中包含了多少的熱量與其他的營養素。在營養素資料表裡所有營養素的含量是以『食用份量』為基礎單位(即上表的一份 45 公克與一個熱狗 65 公克)。例如：在 Hormel Wrangler 熱狗的營養素資料表裡，熱量、脂肪及蛋白質等營養素的含量即是以『一個熱狗 65 公克』為基礎單位。在營養素資料表裡你另外要注意的數字是『百分比』，例如：在 Oscar Meyer 熱狗的營養素資料表裡你會看到 21%、28%、8% 等反映你每天所需要多少熱量的百分比(『熱量』代表是你從

食物中得到的能量)。大部分的人每天從事日常工作所需要的熱量為 2000 卡至 2500 卡之間。所以清楚了解你能從食物中攝取多少熱量是很重要的，要不然攝取太多熱量而導致體重增加是會影響健康的。表中的『百分比』能幫助你決定每日所需的攝取量，例如：如果你吃進一份 Oscar Meyer 熱狗，你會從中攝取到 14 公克的總脂肪，佔每日總脂肪建議攝取量的 21%；與 25 毫克的膽固醇，佔每日膽固醇建議攝取量的 8%，而這兩個營養素都含有很多熱量的。

為了要有健康的飲食，你需要注意各種營養素的每日攝取量。有些營養素是要『限制』其攝取量的，例如：限制脂肪與膽固醇的攝取量就很重要，因為它們有可能讓你攝取過多身體所需要的熱量。而鈉的攝取量也是要被限制的。雖然它們都是我們身體需要的營養素，但是過量的話會有害健康。所以透過營養素資料表我們可以知道每個食物所提供營養素的百分比，同時它也可以幫助我們去限制某些營養素的攝取量。光知道這些數字是不夠的，你還必須要確切知道哪些營養素的攝取量要限制？哪些營養素你可以盡量的攝取？例如：在營養素資料表裡的上半段可以看到食物提供的脂肪、膽固醇與鈉等含量，這些營養素的攝

取量若不受控制的話可能會引起高血壓與心臟疾病。然而，在表裡的下半段可以看到食物提供的纖維素、維他命 A、維他命 C、鈣及鐵等含量，這些營養素你可以盡量的攝取，像是攝取足夠的鈣能減少隨著年齡增加而骨質流失的風險；而攝取足夠的纖維素就可減少心臟疾病發生的危險。

最後，根據上面這兩個營養素資料表，你能決定哪一種熱狗是你吃的呢？是我的話，我就會選擇 Oscar Meyer 熱狗，因為與 Hormel Wrangler 熱狗比起來，它提供了較少的熱量、脂肪、膽固醇與鈉。所以，瞭解營養素資料表裡的數字和意思能幫助你對食物有更好的選擇，並能在享受美食之餘還有健康的人生。

(作者：Chiduzie Madubata
龐文貞翻譯)

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聯合銀行本月 13 日捐款一萬元給華美福利會，以協助籌建 AACA 與中華廣教學校共同使用的「華埠社區教育中心」。華美福利會服務大波士頓華埠社區近 40 年。聯合銀行資深副總裁暨新英格蘭市場區域總監董繼中與零售部副總裁馬曾夏慧表示，「聯合銀行希望藉此機會拋磚引玉，籲社區共同支持。」圖左至右為：華美董事 Stephen T. Kunian、聯合銀行零售部副總裁馬曾夏慧、資深副總裁董繼中、華美董事長陳美霞、華美董事 Diana Jeong 及華美執行主任李秋明。

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麻州賭癮問題諮詢會 設專員協助亞裔社區



麻州賭癮問題諮詢會亞裔專員黃千姬

康乃狄克州內賭場近年來以亞裔消費者為主要行銷的目標。隨著賭場的積極宣傳，麻州賭癮問題諮詢會(Massachusetts Council on Compulsive Gambling)也在試著跟上腳步。

諮詢會發現，因賭癮而造成生活問題的亞裔求助管道不足。因此，協會於今年六月份獲得州立彩票補助金的十萬元，以作為協助亞裔居民的經費。近日諮詢會聘請了一位亞裔社區方案專員－黃千姬(Chien-Chi Huang)來率領這項協助亞裔賭癮人士的計劃。

黃千姬表示，這項協助亞裔賭癮人士的計劃有三個主要目標：第一、在諮詢會內創造符合亞裔特殊文化的轉介服務，以便將面對困境的賭癮人士介紹至合適的社會服務機構；第二、諮詢會將訓練能以亞洲語

言看診的臨床醫生。黃表示，「我們需建立一個與亞裔特殊文化相關的方案，這樣與諮詢會合作的醫療及社區服務機構便能更了解如何分辨及協助面對困境的亞裔賭癮人士。我們希望能給亞裔賭癮人士領向一條合適的輔導顧問的路徑。」

第三、諮詢會希望能成為一個華裔友善的單位。黃表示，「我們計劃更新我們的網站，並便提供中文網頁，翻譯自助入門書，並提升公眾對賭癮問題的警覺。」

黃千姬先前的工作背景是廣告業及影片製作。她畢業於波士頓大學大眾傳播系。

雖然，黃先前的職業與賭癮無關聯。但她特殊的家庭經歷，讓她深刻體認到賭癮問題的傷害性。黃在台灣時，祖母賭光了家產卻始終不肯戒賭，黃的叔叔甚至切斷自己的一結手指作為抗議，仍無法促使祖母戒賭。

當黃開始執行『提升亞裔賭癮問題的警覺』之任務，賭場也同時更努力找途徑吸引亞裔賭客。

康州金神大賭場(Mohegan Sun)最近宣布將撥款七億四千萬元，以增加往返波士頓華埠、紐約華埠到康州賭場的巴士。現在的班次是一天有四十八班巴士。感恩節當天更有一百輛

巴士往返以上兩個城市的華埠到康州賭場。農曆新年時則平均每天六十班。

金神大賭場在最近一份新聞稿中表示，「賭場將創造一個新的亞裔專區，內容包括佔地四千平方英尺的「香港街」飲食區及一一萬兩千平方英尺，提供四十六桌流行於亞裔間的遊戲－巴卡拉牌、Sic Bo、Pai

Gow 牌的新賭區。

另一個紐英崙著名賭場－康州快活大賭場(Foxwoods)，也設有亞裔行銷部門，定期在華語報紙及華語電話簿內刊登廣告，贊助亞裔社區的中秋節及農曆新年活動，並散佈閃亮誇大的亞系語言廣告傳單。

在金神大賭場，每七個職員內就有一位亞裔。在快

華美社區論壇

Dr. Linda Piwowarczyk 談移民和難民的精神創傷治療

「波士頓難民健康和人權中心」(Boston Center for Refugee Health and Human Rights)主管、波士頓醫療中心的精神科醫師 Linda Piwowarczyk，在近日的華美福利會(AACA)社區論壇中主講「移民和難民的精神創傷治療」。

Linda Piwowarczyk 表示，「缺乏英語能力」是移民和難民深感挫折、造成心理壓力與創傷的重要原因。再者，來美時間的長短、教育程度的高低、是否有工作、接受社會支援的渠道是否暢通、對未來的期望、是否面臨歧視，以及是否生活在貧困中，都會造成移民和難民的心理壓力與創傷。

根據 2005 年移民研究中心的統計，全美目前有

3520 萬居民是在美國以外的地區出生，佔人口總數的 12.1%。其中，三分之一的移民沒有醫療保險，同時，移民貧窮的比率也較美國人為高。

Piwowarczyk 介紹自己服務的波士頓難民健康和人權中心，與國家創傷後壓力心理障礙中心(National Center for Post-Traumatic Stress Disorder)、波士頓大學醫學院及其他法律服務、醫療機構、社區非營利組織等合作，在醫療、社會資源與法律等等方面服務移民與難民。該中心每年平均服務超過 300 位、來自 67 個國家的移民與難民。

Piwowarczyk 強調，連基本生活都有困難的移民

活大賭場則是六分之一的職員為亞裔。兩個賭場都提供華埠一賭場來回巴士。光快活賭場的巴士一年就載入了約七十五萬消費者。金神大賭場的數目大約為七十萬。

麻州賭癮問題諮詢會的黃千姬表示，我們的工作是要幫助那些無法克制賭癮的人士，面對問題，尋求解決之道。並根據他們個別的問題，轉介到合適的醫療或社區機構。

黃也補充，若有社區民

和難民，常羞於向人求援，社福工作者需要循序漸進，重建他們對他人的信心。她並建議，建立一個社群、集體治療，對心理受創者的幫助很大。

本次活動的主辦單位－華美福利會，常年來為移民及難民提供多方面的社區服務。華美將於明年二月 27 日(星期二)中午十二點至一點，邀請摩頓市長

眾知道特別的賭癮狀況，麻州賭癮問題諮詢會也希望大家能幫助並參與並推動亞裔對賭癮問題警覺性的提升。欲知麻州賭癮問題諮詢會的亞裔警覺計劃之詳情的民眾，可於每週二及週五上午九點至下午四點半，電中英雙語服務專線 617-426-4554 黃千姬。

(史亞當、張孟筠採訪；張愛琪編譯)

Ricahrd Howard 為社區論壇主講人。對華美福利會的服務項目及社區論壇有興趣的民眾，可洽 617-426-9492 或上網 <http://www.aaca-boston.org>。

Linda Piwowarczyk 在華美社區論壇中主講「移民和難民的精神創傷治療」(圖：史亞當)



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社區公告

• 暖氣補助計劃即日起至明年四月三十日接受申請。申請資格為波士頓、Brookline及Newton居民符合收日限制的家庭。詳情或預約申請可洽華美福利會 617-426-9492。

• 波士頓華僑文教服務中心表示,中華民國僑務委員會為充實僑教教材內容,特別提供海外地區華語文工作者及文教團體編寫華語文教材、製作教具及視聽教材等經費補助。凡是旅居海外,從事華語文教育工作者,或是海外非營利性華語文學校或文教團體,曾經或即將編製華語文教科書、華語文補充教材、華語文教學教具,以及華語文視聽教材(含錄音帶、錄影帶、電腦輔助教學軟體等)者,均可申請經費補助。

申請方式分個人及團體兩部分,各項表格可至波士頓僑教中心索取。華語文教材編製經費補助申請時間為每年10月1日至12月31日,有興趣提出申請補助之個人或團體,可洽僑教中心 (617)482-3292, 地址 65 Harrison Ave., 6Fl. Boston, MA 02111。

進修機會

• 美國華人聯合總會日前在該會舉行的社區會議宣佈,將於明年開辦一系列課程,

並決定創辦中文學校和學習中心。

各學習班於明年元月份開辦,上課時間如下:英語班:周六下午2時半至5時半。入籍班:周六上午9至11時。健康講座:每月第二及第四個周六下午1時至2時半。健康俱樂部:周日下午4時至5時。食品衛生一日速成班:每月第二個周二上午9時半至下午2時。酒吧一日速成班:每月第二個周二下午2時至3時。另有文化班、理財班、人壽保險班、銀行知識班、交通及法律講座與中文打字班等。

有關上列各班詳情及報名可洽該會(665 Hancock Street, 2F, Quincy, MA 02170):(617)689-8866。

座談演講

• 紐英崙中華專業人員協會與牛頓中文學校合作,將於本月17日(周日)下午2時至3時30分,假牛頓中文學校 (21 Minot Place, Newtonville) 舉辦「申請大學的新方向和新思維 -- 給焦慮的父母們」講座,由對子女申請進大學做過研究的紐英崙中華專業人員協會會長王世輝主講。詳情可洽王世輝(617)489-2178(O)、(617)484-1375(H)。

• 紐英倫中華資訊網路協會(NECINA)領導才能培訓將於本月16日(周六)上午8時至12時,在麻省理工學院 Tang Center 372 室

(Building E51, 77 Massachusetts Avenue Cambridge, MA 02139-4307) 舉行。

主講人 Effective Networking 公司的首席顧問 Diane Darling 將從如何建立人際網路聯繫、商業社交活動上的交往禮儀等方面進行指導。活動費用95元,網協會員從15元至35元不等。有意參加者須提前在網路註冊: <http://www.acteva.com/go/necina>, 詳情可以電子郵件 dayong.li@necina.org 或 Kitty.Li@necina.org 查詢。

• 中華民國僑務委員會舉辦的「第二期台灣小吃班研習」,將於明年元月22日至2月2日在台北舉行,現已開始受理報名,凡年在25至60歲間、通曉中文、具有海內外烹飪相關證照、曾參加該會烹飪課程、現從事烹任教學,或計畫轉業創業且填具計畫表格的餐飲業從業人員或經營餐飲業者,均可報名。

研習課程有風味小吃實務製作、店面經營管理及專題演講等,且安排參觀台灣傑出相關餐飲業者並與從業人員經驗交流。另由該會安排文化知性之旅一日活動。報名查詢可洽波士頓華僑教中心(617)482-3292, 傳真(617)482-3387, 地址 65 Harrison Ave., 6 Floor, Boston。

藝術欣賞

• 由天使舞蹈表演藝術團主辦的2006大波士頓中國民族舞蹈專場演出將於12月17日在位於North Andover的Merrimack College的Rogers中心舉行。此次舞蹈專場聚集了活躍在大波士頓地區頂尖的舞蹈團體,包括天使舞蹈團、華姿舞蹈團、劍橋中文學校、華夏舞蹈團、知音舞韻、東方舞蹈團、鄉土舞蹈團和樂舞族等,將出演中國古典、漢、蒙古、藏、維、朝鮮、,傣、彝等多舞種各民族的優秀舞蹈節目。

此次演出的藝術總監、天使舞蹈團團長克克女士畢業於北京舞蹈學院,先後在中央電視台等機構任職,並擔任多名知名影星的舞蹈教練。移居美國後,克克仍致力於民族舞蹈教學與民族舞蹈文化傳播,先後在芝加哥和波士頓舉辦多場舞蹈表演,擁有自己的舞蹈團體,並擔任多家舞蹈團體的舞蹈教師及藝術指導。

演出門票於近日開始發售,票價為\$50(贊助票)和\$15。要了解演出的詳細情況,請察看天使舞蹈表演藝術團的網頁 <http://www.angelperformanceart.com/wintergala.html>, 或與劉陽女士聯系,電話 617-620-6072, Email: yangliu_acls@hotmail.com。

育樂活動

• 第四屆「棋壇百態」福音盃象棋公開友誼賽波士頓分

區初賽,將於本月16和17日兩天上午10時至下午5時,在華埠華信屋(華盛頓街888號)一樓會議室舉行。優勝棋手將於本月30日在紐約市,與各地區初選優勝者進行決賽。

該棋賽分70尊長、65尊長、老人、女子、青少年、外州各組。比賽採用「亞洲棋例」,初賽選出24人進準決賽,其中6人進決賽,加上種子6人,共有12人進入首日決賽,4或6人最後決賽,產生冠亞季殿軍。波士頓地區報名處在華埠敘福樓擬,或鴻運運家,報名費五元,報名截止日為本月12日。查詢可洽黃靄霖:(508)587-0864(下午4時後)。

• 大納施華區中華文化協會將於12月16日(周六)晚間6時,在最近整修過的納施華老人中心(70 Temple Street)舉行聖誕聚餐晚會。新上任的會長劉詠彬表示,目前文協服務陣容堅強,除副會長李証外,幹事有李印華、張海亮、吳莉梅、樂瑾、王麗文、羅豫、茅惠宇、吳陵松、王家兵、陳馨、夏琳、胡紅宇、仇立斌、曹躍華、朱文15人。

聖誕聚餐的餘興節目主要由孩子們表演,希望大家踴躍報名參加。聯絡可洽吳莉梅 (603) 476-3906、樂瑾 (603) 897-1058。

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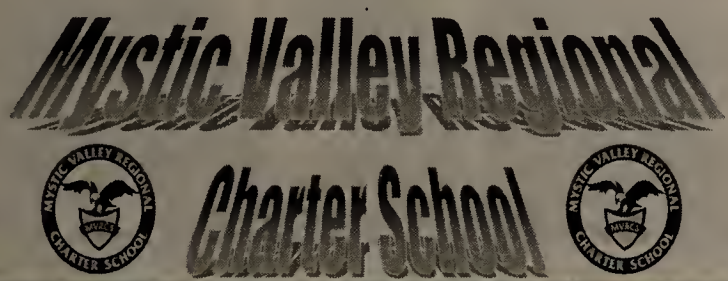
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根據地產開發商 Ori Ron 表示,他目前正研究是否將位於好客福街(Oxford Street) 和平安街 (Ping On Street), 那塊靠近新新超市(Sun Sun Supermarket) 的停車場,改建成以平價住宅為主,部份市價住宅的混合住宅大樓。

身為北美乞臣集團(Hudson Group North America LLC) 經營夥伴的 Ron 尚未正式收購該塊地,但他表示有信心將取得土地。

Ron 並沒有說明,興建於該址上的住屋單位之數量及面積有多少,但按都市分劃的規定,建築物的高度至多到 80 呎。

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份為平價住宅的興建計劃,將與同樣為 Ron 所有,靠近京士頓街 120 號的 Dainty Dot 大樓的開發計劃一起進行。

波士頓的包含性分區制(Inclusionary Zoning)規定,新建住屋的開發計劃必須包含

15%的平價住宅單位。目前尚不清楚 Ron 的新建屋的平價住宅單位的比例。

Ron 以 9 百萬元在華埠邊界購下已有 117 年歷史的 Dainty Dot 大樓,他說他有可能在該址開發住宅,但最後計劃尚未定案。

他在電話訪問中說,「我們和市府,目前在這個計劃上仍有一些分歧。現在還在討論中,所以我還不能給你

太多的細節。」

Ron 說,「我們會有在好客福街開發平價住宅單位的計劃,是在和數個華埠社區團體晤談後所產生的構想」。Ron 繼續,「我們和社區的許多機構都談論過-,如華人前進會、亞美社區發展協會及中華公所。」

中華公所的黃國威也證實,Ron 和他們談過,「中華公所在該址有三分之一的擁有權,約有 2,500 平方呎的土地所有權。」但黃還不知道中華公所是否會將此土地出售給 Ron,「確實交易,還有一大段路要走」。

根據波士頓資產評估局(Boston Assessing Department)的資料顯示,該停車場的面積大約有 4,000 平方呎,為 Joseph Resha 擁有。(羅珮寧編譯)

華埠邊界兩處將進行發展計劃

開發計劃一:天滿街 240 號
天滿 / 史都華開發公司 (Tremont/Stuart Development LLC)計劃將天滿街 240 號,目前停放販售活動入場卷拖車的地段,改建為 14 層樓,具 72 個單房住宅單位的公寓大樓。

該大樓將包含餐廳,在公寓單位方面,也依法有 15%的平價住宅單位。

中華耆英會聖誕聯歡會 四百多人喜出席

中華耆英會本月 7 日晚間假華埠龍鳳大酒樓舉行聖誕聯歡會,來賓及該會會員四百多人出席。

該會董事會董事長梅炳鈿在致詞時,感謝各界 30 多年的支持與愛護。行政主任梅伍銀寬介紹該會,「在過去的三十四年來,中華耆

英會已服務了期千五百名會友。現在,該會每日烹調一千份中式餐盒分別提供各區服務中心、以及為行動不便的老人家」。

陳德修牧師作聖誕祝禱,並說明慶祝

開發計劃二:林肯街 179 號
在尼崙街(Kneeland Street)尾端,千禧年發展商(Millennium Partners)則計劃改建位於林肯街 179 號的泰瑞達舊樓(Teradyne Building)。這座五層的辦公室大樓不會在大小和形狀上有所更改,但入口將改到 Surface 路,位於正興建中的華埠公園之正對面。

(文:史亞當)

聖誕意義。波城市府老人局副局長 Joanne Lee 代表市長出席,駐波士頓台北經濟文化辦事處處長楊國棟、僑教中心主任葛家榮分別致詞,並祝賀大家聖誕快樂。

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中華耆英會董事長梅炳鈿及行政主任梅伍銀寬(左三及左二),率部份董事會成員舉杯祝大家聖誕快樂。



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PUBLIC MEETING

波士頓重建局將舉行有關以下計劃的公眾會議

179 Lincoln St

計劃方: Millennium Partners-Boston and Devco IV 179 Lincoln Holding Co, LLC

2006年12月20日
晚六時半至八時

179 Lincoln Street
Teradyne Building, Leather District

Millennium Partners-Boston將提出對179林肯街約250,000平方英尺的建築面積重新整修為辦公、零售以及其他商業用途。原建築的高度等指標將不會被改變。該計劃包括修建一個新的入口以及大廳。內部的裝修將包括安全、電梯系統以及裝卸貨物設施,並將向該樓住戶提供大約40至60個停車位。

意見聽取時間截止: 2007年1月9日

Rodney Sinclair
Boston Redevelopment Authority
One City Hall Square, 9th Floor, Boston, MA 02201
傳真: 617.742.7783
電話: 617.918.4349
EMAIL: rodney.sinclair.bra@cityofboston.gov

Harry Collings
執行董事/秘書

波士頓
重建局



City Hall 9th Floor
1 City Hall Square
Boston, MA 02201
617.722.4300

PUBLIC MEETING

波士頓重建局將舉行有關以下計劃的公眾會議

Parcel P-7A

十二月十九日 週二

下午六時三十分至八時
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位於市中文化區240天滿街,屬於波士頓重建局的地皮是Artical80工程預覽的一部分。發展商Tremont/Stuart發展公司計劃建立一個高14層,約70,000平方英尺的鋼筋玻璃建築,其將包括72間單室公寓以及一臥室居住單元、餐廳以及外牆個性化裝飾。

工程細節書可以在波士頓重建局獲取。
波士頓市政廳9樓,週一至週五上午九點至下午五點。

如對公聽會有任何疑問,請聯繫:

Tai Y. Lim
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執行董事/秘書

波士頓
重建局



City Hall 9th Floor
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Boston, MA 02201
617.722.4300

【專題報導】

華埠公園明夏完工 週邊計劃相隨進行

在華埠長大的梅月嫦，還記得在 1950 年代和兒時的玩伴們在街道上玩跳格子 and 捉人的遊戲。但是遊戲及興致常被打斷，「每當有車輛經過時，我們會喊『有車！』以提醒其他玩伴離開街道」。梅表示，「我們沒有公園，所以我們只能在街道上玩耍。」

現在過往的車輛更多，小朋友更不可能在華埠的街道上玩耍。不過華埠公園將於明年六月於露絲·肯尼迪綠道 (Rose Kennedy Greenway) 南端落成，屆時

將成為華埠與皮革區最大公共娛樂場所。

隨著公園完工的預定日期逐漸逼近，一位州政府官員在上個星期表示，「華埠公園的工程已完成了 75%。」另外，一些坐落於華埠公園附近，可能會為公園加分的計劃也正進行。這些計劃可能與華埠公園在用途及景觀方面相契合，促華埠及皮革區聯結區的成形，創造一個更便利行人的華埠區域。

位於華埠牌樓南端的華埠牌樓公園將依新設計的

公眾藝術結構進行整修，以紀念去年因病逝世的前華埠治安委員會共同主席司徒麗英；兩個發展商將重新規劃鄰近公園的兩座建築物，好與即將落成的華埠公園相融合；一鄰近的中國餐館將重新設計入口處，以面對公園，並增加露天坐位，以方便顧客觀望公園內的公共活動。

這個造價五百萬的華埠公園，是露絲·肯尼迪綠道公園群裡中的一個。露絲·肯尼迪綠道公園自華埠，經碼頭區及北端至 TD

Bank North Garden 沿著原先的中央幹道，面積達三十英畝。

華埠公園的範圍起自華埠牌樓，經表面幹道 (Surface Artery)，延伸至益石街 (Essex Street)。公園的設計以反映亞洲文化傳統為主，公園的大門、石頭、小溪及局部構造，都基於風水理念而建，各部分空間都蘊涵平衡與和諧的意念。

公園內的樹木將以中國種類的植物為主，並將種植一大片竹子。公園牌樓前的鋪道設計，將由加州藝術家孫美根據中國象棋棋盤圖案設計。在益石街入口大門使用的紅色鋼鐵，將配合必珠街的牌樓建築。通往益石街的散步走廊將種植竹子、柳樹、櫻花、銀杏、黑松、杜鵑和牡丹花等中國植物。該走廊將把露絲·肯尼迪綠道連接到華埠中心。

華埠公園計劃中，一項極具意義的是重新規劃附近的華埠牌坊公園，並將其改名為司徒麗英紀念公園 (Mary Soo Hoo Memorial Park)。這個興建於 1984 年的「華埠牌樓公園」，長年缺乏維修，也因有流浪漢的駐留及垃圾的堆積，該公園並未產生「環境美化」的作用。

麻州收費公路管理局希望藉此機會更新華埠牌

樓公園內的設施，包括移除目前公園的雜亂設置，以公共藝術的造型結構取而代之。波士頓市長在一份聲明書中表示，「我們正與司徒麗英的遺族、幹道局及社區協商合作，以在乞臣街上創造一個便利鄰民走訪，並懷念司徒麗英仁慈及關懷社區情操的地方。」

華埠公園的興建對 Chan 而言，有得也有失。Chan 表示，因華埠公園的施工及街道封鎖，讓漁村酒家的營業額在過去幾年來，下降了 60%。但 Chan 也不否認，華埠公園的興建將造福整個華埠社區。

Chan 表示，他將在華埠公園完工後，重新整修漁村酒家，將原先位於必珠街的入口處遷移到愛丁保羅街，好正對華埠公園。Chan 也考慮，在餐廳外設置幾個露天餐位，「假如顧客在本店的露天坐位用餐，可同時觀看公園內的活動。」

華埠公園的另一端，千禧年發展公司 (Millennium Partners) 計劃翻修位於林肯街 179 號，原為泰瑞達大樓 (Teradyne Building)。千禧年發展公司也計劃將建築物入口處改到正向公園的位置。

在靠近肯辛頓街 (Kingston Street) 的一新公共區域，也有發展商 Ori

Ron 計劃翻修衰落的 Dainty Dot 建築物。於今年八月買下位於肯辛頓街 120 號的 Ron 表示，他計劃與公園的景觀建築師 Carol R. Johnson 合作，以讓 Dainty Dot 建築物與公園能相融。

位於愛丁保羅街，與華埠公園相對望，因關門又因故被強制封鎖的騰皇閣酒樓業主李衛新 (Wilson Lee) 於三年前曾宣佈，他與他的姐姐 Catherine Lee 將讓騰皇閣酒樓重新開幕。然而這個重新開幕的計劃並沒有落實，李衛新拒絕對本文主題發表意見。

(張孟筠編譯)



將於明年六月完工的華埠公園，將成為華埠與皮革區最大公共娛樂場所。

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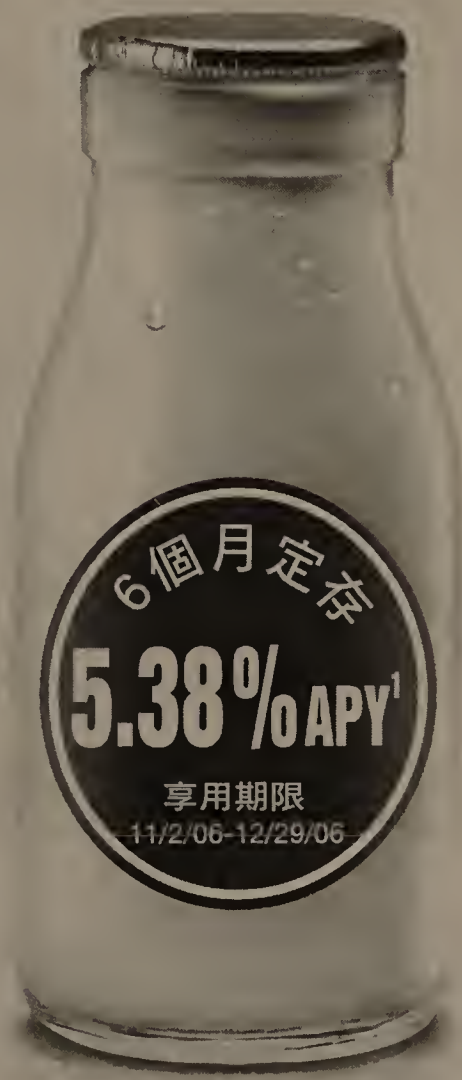
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